

**WAIVER, RELEASE AND  
INDEMNITY AGREEMENT  
FOR TOUR DE TRAILS 2009  
8K RACE, 5K WALK & FUN RUN  
READ BEFORE SIGNING  
\*REGISTRATIONS WITHOUT  
SIGNED RELEASE WILL NOT BE  
PROCESSED\***

In consideration of acceptance of my entry, I hereby release, discharge, and agree to hold harmless the Columbus Park Foundation, the Columbus Parks and Recreation Department, the City of Columbus, IN, any sponsors, officials or organizers of this event and each of them together with their successors, assigns, officers, agents and employees from any and all liability for injuries to property or person suffered by me as a result of my participation in this event. By execution of this waiver, I assume all risks associated with my participation in this event including, but not limited to falls, the effects of weather, traffic, road and trail conditions, and all risks associated with running or walking in an urban setting whether or not such risks are specifically known or appreciated by me. I verify that I am physically fit and have sufficiently trained for this event and that my physical condition has been verified by a licensed medical doctor. I specifically agree that it is not the duty of any of the parties listed above to check, monitor, or evaluate my physical condition for the appropriateness of my participation in this event at any time. I agree to indemnify any of the parties listed above for damages caused by me to any such party or parties and any third parties, by virtue of my participation in this event.

**SIGNATURE:**

X

DATE: \_\_\_\_\_

# A SPECIAL THANKS TO OUR SPONSORS

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TROPICAL SMOOTHIE CAFE

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COLUMBUS PARK FOUNDATION  
PRESENTS

THE EIGHTH ANNUAL

**8k Race,  
5k Walk &**

**FREE KIDS FUN RUN**

**GET MOVING!**



**SATURDAY, APRIL 18, 2009**

[www.columbusparksandrec.com](http://www.columbusparksandrec.com)

**RUN BEGINS AT 8:00 A.M.  
WALK BEGINS AT 8:15 A.M.  
KIDS FUN RUN AFTER RUN/WALK  
LINCOLN PARK  
COLUMBUS, IN**

## SUPPORT OUR PEOPLE TRAILS!



The People Trails in Columbus, Indiana are running, walking and biking trails that connect our citizens with parks and places

of business. They offer a safe place for recreation and exercise, as well as a great way to discover the beauty of the city. All proceeds from the race go directly to the Columbus Park Foundation to maintain and expand the People Trails. Our ultimate goal is to provide connections to all parts of Columbus and to destinations within Bartholomew County.

## RACE DAY SCHEDULE

7-7:45 A.M. Race Day Registration and packet pick-up

8:00 A.M. Run Begins

8:15 A.M. Walk Begins

Post-Race: Refreshments, Awards, and the Free Kid's Fun Run

## GOODIES & AWARDS



After the race, feel free to join us for refreshments, including a signature smoothie from Tropical Smoothie Cafe & awards! Awards will be given to the overall male and female finishers of the 8K and 5K. Also, age division awards for ages 13-80+ will be given based on the number of pre-registered entries.

## THE 8K RUN

This USATF certified course begins and ends along Lincoln Park's trails, taking runners through historic neighborhoods and the magnificent Donner Park. It begins at 8:00 A.M. and refreshments and awards will be given afterwards. So, put on your running shoes and make sure to hit this exciting course!



## 5K WALK

The competitive 5K walk course tours the beautiful Haw Creek Trail and features scenic views of Greenbelt Golf Course and quaint neighborhoods. Walkers are eligible for age group awards. Don't miss out on a great way to see Columbus on foot!

## FREE KID'S FUN RUN!

This short distance run allows children of the run and walk participants the opportunity to have some fun too! It will be held at Lincoln Park after the 8K and 5K races with snacks afterwards. So, grab your kid and a camera and join us for this exciting adventure!



## REGISTRATION FORM

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY/STATE/ZIP: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_  
BIRTH DATE: \_\_\_\_\_  
SEX: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
SHIRT SIZE (SMALL-XXL):

☐ Small ☐ Medium ☐ Large  
☐ XL ☐ XXL

## I WILL BE PARTICIPATING IN:

\_\_\_\_\_ **8K Run:** \$15 before 3/28,  
\$20 on or after 3/28  
(Use code 62000-1A  
for online registration)

\_\_\_\_\_ **5K Walk:** \$15 before 3/28,  
\$20 on or after 3/28  
(Use code 62000-1B for  
online registration)

\_\_\_\_\_ **Kids Fun Run** - 62000-1C

\_\_\_\_\_ Donation to People Trails

\_\_\_\_\_ Additional T-Shirts (\$12 each,  
Sizes S, M, L, XL, XXL) Size \_\_\_\_\_

\_\_\_\_\_ Total Amount Enclosed

**\*SIGN AND DATE  
RELEASE FORM ON BACK  
OF THIS BROCHURE\***

## MAIL REGISTRATIONS TO:

Tour de Trails Run/Walk  
P.O. Box 858

Columbus, IN 47202-0858

**CHECKS MADE PAYABLE TO  
COLUMBUS PARK FOUNDATION**

**REGISTER ONLINE OR BY PHONE!**

**ONLINE:**

**[www.columbusparksandrec.com](http://www.columbusparksandrec.com)**

**PHONE: (812) 376-2680**

**MASTERCARD OR VISA ACCEPTED**